

Sheltering in place preparedness list

In the event of sheltering in place due to a medical, environmental or political cause we have put together some recommendations for what to store. Services and goods may only be sporadically available during an event and you may be under a “stay at home” advisory during that time. Now is the time to stock your household with goods to see you through such an event.

Determining Your Needs

Ask yourself:

- What resources do you rely on now? How would an interruption in food, water, fuel sources, services, and medical care affect you?
- Who are you preparing for? Your family only? Are there additional people who will rely on you through such an event?
- What do you currently have stockpiled?

Food

You will need to stock non-perishable, non-refrigerated food items. Choose foods your family likes. The following foods should all keep at least a year.

- Canned/jarred meat, soup, nuts, fruits, juices and vegetables
- Peanut butter
- Flour, rice, corn meal, cassava flour, dried beans, and pasta
- Canned margarine (Blue band), oils, and canned shortening
- Seasoning, spices, salt, baking powder and soda

- Candy
- Powdered drinks, tea, and coffee
- Powdered milk (UHT may not quite last a year).
- Vitamins

The USG recommends a diet composed of 55% carbohydrates and 45% protein and fats (15% protein, 30% fat). The chart below represents roughly what quantity of food that represents for the average adult.

One Month Food requirement for a 2000 calorie/day/diet	
8.25 kg <u>dry</u> carbohydrates (1100 carb cals/day X 30 days)	Example: 3 kg bag of rice 2 kg pasta 2 kg flour 1/2 kg sugar 3/4 kg beans 8.25 kg = 1 month supply Child 5 mo – 1yr (3.7 kg) Child 1-3 yr (4.9 kg)
3.9 kg proteins and fats (canned meats, dry milk, oils, nuts, canned margarine) (900 protein cals/day X 30 days)	Example: 1/2 kg canned tuna 1 kg canned ham 1/2 kg dry skim milk 1/2 kg oil 1/2 kg peanut butter 1/2 kg canned margarine 0.4 kg nuts = 3.9 kg = 1 month supply Child 5 mo – 1yr (1.7 kg) Child 1-3 yrs (2.3 kg)

****Remember fats have twice the calories per gram that carbohydrate does.****

You will certainly want to exchange canned juices, fruits and vegetables, UHT milk, and other favorite foods for the items in the chart

above. However, the water content in these products varies so you will have to roughly adjust your stockpiles.

For planning purposes children 4 and older require almost the same amount of food as adults. For infants, set aside formula even if you are breast feeding.

Store food in a dry, cool spot, and tightly sealed. The two things that are most likely to spoil your food are moisture and insects.

Water

Expect to use up to 4 liters of drinking water each day.

Two methods to treat water for drinking are to boil it for at least 3 minutes or to add 4 drops of bleach (5.25% sodium hypochlorite) per liter of water and let it stand at least 30 minutes. One liter of bleach is enough for 2000 liters of water.

You will also need water to bathe and do household chores. A minimum recommendation is 20 liters of water per person/day. Over a 30 day period that is approximately 600 liters/person. This does not take into consideration flush toilets, washing machines, and showers. Be prepared to limit toilet use, machine washing and showers. Unless you have an adequate storage system (polytanks, pools, rain catchments, or bore holes), purchasing a back up polytank.

Fuel

Check to see that you have at least one full back-up canister of cooking gas. Stockpile foods that require of baking.

If you own a generator make sure your fuel supply is kept topped off and be prepared to use it judiciously. As a rule of thumb, generators use about 3 liters of fuel per hour per 5 KW out put at 75% load. Consider buying the following as back-up lighting; kerosene lanterns, stock of kerosene, candles, flashlight and back-up batteries

Fill the tank in your car and top off frequently.

Medicines

A few items to have in adequate supply are:

- Fever reducing drugs: acetaminophen (paracetamol, Tylenol, Panadol) or Ibuprofen (Motrin, Advil). Someone with influenza may have fever for 10 days.
- Thermometers
- Prescription medicine (anti-malarials, blood pressure, asthma, cholesterol, thyroid medications, contraceptives etc).
- Malaria tablets for treatment
- Mosquito nets, sunscreen, and mosquito repellent.
- Basic first aid kit
- Baby diapers, wipes, bottles, and formula.

Communications:

Keep an AM/FM/Shortwave radio and extra batteries. Have adequate minutes on your cell phone. Know your American Embassy Warden and how to contact.

Emergency Travel Kit

Have a suitcase ready to go. The "stay at home" order could change at anytime to an evacuate order at any time. Include a 3 day supply of clothes, cash, medications, and proper documents. Know where you would go outside of Harare and anticipate your needs there as well.

Important Documents

- Cash in both Zim Dollars and Dollars.
- Keep these records in a portable container: will, insurance policies, contracts deeds, stocks and bonds, passports, birth and marriage certificates, social security cards, immunization records, bank account numbers, credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Credit cards

Sheltering in Numbers

In some cases, it may make sense for single persons to join other colleagues in the event of a "stay at home order". Arrangements for sheltering together and preparations should be made in advance when possible.

Pets

Have adequate food for your pet. Know what you will do with your pet should you have to leave.

Other Information:

Visit the following websites for more information about sheltering in place and preparing for a disaster:

http://www.fema.gov/preparedness/community_prepare.shtm

http://www.redcross.org/services/disaster/0,1082,0_601_00.html